

Workplace Leadership

- [*The Power of Positive Leadership: How and Why Positive Leaders Transform Teams and Organizations and Change the World* by Jon Gordon](#)
- [*Leadership Step by Step: Become the Person Others Follow* by Joshua Spodek](#)
- [*The Discomfort Zone: How Leaders Turn Difficult Conversations Into Breakthroughs* by Marcia Reynolds.](#)
- [*Lean In: Women, Work, and the Will to Lead* by Sheryl Sandberg](#)
- [*A Great Place to Work for All: Better for Business, Better for People, Better for the World* by Michael C. Bush](#)

Live Well @ Work

- [*How We Work: Live Your Purpose, Reclaim Your Sanity, and Embrace the Daily Grind* by Leah Weiss, PhD](#)
- [*Office Ergonomics: Preventing Repetitive Motion Injuries & Carpal Tunnel Syndrome* by Susan Orr](#)
- [*The Optimistic Workplace: Creating an Environment that Energizes Everyone* by Shawn Murphy](#)
- [*The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain Makes You Anxious and What You Can Do to Change it* by Margaret Wehrenberg](#)
- [*Stress-Proof: The Scientific Solution to Protect Your Brain and Body--and be More Resilient Every Day* by Mithu Storoni, MD, PhD](#)

Credibility in the Juvenile Justice System

- [*The Criminal Law Handbook: Know Your Rights, Survive the System* by Paul Bergman, J.D. & Sara J. Berman, J.D.](#)
- [*Life in prison* by Stanley "Tookie" Williams with Barbara Cottman Becnel](#)
- [*Maximum Security: The True Meaning of Freedom* by Alan Gompers.](#)
- [*The Lost Chapters: Finding Recovery and Renewal One Book at a Time* by Leslie Schwartz](#)
- [*Life On the Outside: The Prison Odyssey of Elaine Bartlett* by Jennifer Gonnerman.](#)

Resident Driven Results

- [*After the Education Wars: How Smart Schools Upend the Business of Reform* by Andrea Gabo.](#)
- [*The community food forest handbook: how to plan, organize, and nurture edible gathering places* by Catherine Bukowski and John Munsel](#)
- [*Start a Community Food Garden: The Essential Handbook* by LaManda Joy.](#)
- [*A Path Appears: Transforming Lives, Creating Opportunity* by Nicholas D. Kristof and Sheryl WuDunn.](#)
- [*Grant Writing for dummies* by Dr. Beverly A. Browning, MPA, DBA.](#)



5560 Overland Ave., Ste. 110
San Diego, CA 92123
www.sdcl.org

SAN DIEGO COUNTY LIBRARY

BOOK RECOMMENDATIONS



LIVE WELL
SAN DIEGO

San Diego County Library is a proud partner of LiveWell. You can find these resources and more by visiting sdcl.org or stopping by one of our 33 branch locations.

Preparing for the Jobs of Tomorrow

- [*Knock 'em Dead: The Ultimate Job Search Guide* by Martin Yate](#)
- [*What Color is Your Parachute? 2019: A Practical Manual for Job-Hunters and Career-Changers* by Richard N. Bolles](#)
- [*50 Ways to Get a Job: An Unconventional Guide to Finding Work on Your Terms* by Dev Aujla](#)
- [*Business Coaching & Mentoring* by Marie Taylor and Steve Crabb](#)
- [*Stretch: How to Future-Proof Yourself for Tomorrow's Workplace* by Karie Willyerd, Barbara Mistick](#)

Resilient Families

- [*The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child* by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D](#)
- [*El Cerebro Afirmativo del Niño* por Daniel J. Siegel y T. Payne Bryson](#)
- [*Wits Guts Grit: All-Natural Biohacks for Raising Smart, Resilient Kids* by Jena Pincott](#)
- [*The Self-Driven Child: The Science and Sense of Giving Your Kids More Control Over Their Lives* by William Stixrud, PhD, and Ned Johnson.](#)
- [*The Awakened Family: How to Raise Empowered, Resilient, and Conscious Children* by Shefali Tsabary, Ph.D.](#)

Community Lab

- [*Building Resilience to Trauma: The Trauma and Community Resiliency Models* by Elaine Miller-Karas](#)
- [*Journey Through Trauma: A Trail Guide to the Five-Phase Cycle of Healing Repeated Trauma* by Gretchen L. Schmelzer, PhD](#)
- [*Emotional Intelligence 2.0* by Travis Bradberry & Jean Greaves](#)

Inclusive Communication

- [*Changing the Conversation: The 17 Principles of Conflict Resolution* by Dana Caspersen](#)
- [*Quiet the Rage: How Learning to Manage Conflict Will Change Your Life \(and The World\) by R.W. Burke, MBA, CPC*](#)
- [*De-escalate: How to Calm an Angry Person in 90 Seconds or Less* by Douglas E. Noll](#)
- [*Talking Across the Divide: How to Communicate with People you Disagree With and Maybe Even Change the World* by Justin Lee e-book only](#)

Promoting Public Health

- [*Recipes for a Successful School Garden : A Guide for Parents and Teachers Ebinger, Elizabeth* by Tuohy, Maggie](#)
- [*Promoting Health and Wellness in Underserved Communities: Multidisciplinary Perspectives Through Service Learning* by Anabel Pelham and Elizabeth Sills; Link+ *Doing Harm: The Truth About How Bad Medicine and Lazy Science Leave Women Dismissed, Misdiagnosed, and Sick* by Maya Dusenbery](#)

Substance Abuse

- [*The Addiction Solution: Treating Our Dependence on Opioids and Other Drugs* by Lloyd I. Sederer, MD](#)
- [*If You Work It, It Works! The Science Behind 12 Step Recovery* by Joseph Nowinski, PhD.](#)
- [*How to Raise a Drug-Free Kid: The Straight Dope for Parents* by Joseph A. Califano](#)
- [*Not My Child: A Progressive and Proactive Approach for Healing Addicted Teenagers and Their Families* by Dr. Frank Lawlis](#)
- [*The Lost Chapters: Finding Recovery and Renewal One Book at a Time* by Leslie Schwartz](#)

Inclusive Communication

- [*Changing the Conversation: The 17 Principles of Conflict Resolution* by Dana Caspersen](#)
- [*Quiet the Rage: How Learning to Manage Conflict Will Change Your Life \(and The World\) by R.W. Burke, MBA, CPC*](#)
- [*De-escalate: How to Calm an Angry Person in 90 Seconds or Less* by Douglas E. Noll](#)
- [*Talking Across the Divide: How to Communicate with People you Disagree With and Maybe Even Change the World* by Justin Lee e-book only](#)